



# Association Guidelines for Managing Confirmed COVID-19 Cases (Updated 12/21/20)

*Each association should have its own plan in place for returning to the rink and be prepared for the possibility of positive cases occurring within participants or their families. Local rinks and associations need to follow the guidelines set forth by the Center for Disease Control and Prevention (CDC), the Minnesota Department of Health (MDH) and local government or health officials in returning to the rinks and managing confirmed cases of COVID-19.*

*The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. These guidelines are designed to assist associations in creating their own emergency and alert plans for confirmed positive cases.*

*If you have any questions, please contact Mike Terwilliger, Minnesota Hockey COVID-19 Coordinator at [mterwilliger@minnesotahockey.org](mailto:mterwilliger@minnesotahockey.org).*

## Family

1. Inform your team and/or association COVID-19 contact of a player testing positive, someone in their household testing positive or have been exposed to someone confirmed to have COVID-19.
2. Players **or coaches** who test positive must stay home for a minimum of 10 days since symptoms first appeared and until there is no fever for at least 24 hours without medication AND improvement of other symptoms.
3. Close contacts, including siblings and household members of an infected player or coach, should stay home for **10 days and follow the [MDH Decision Tree](#) on when to return. Per new CDC and MDH quarantine guidelines, if an exposed person gets tested at least five full days after their close contact, receives a negative test and has no symptoms, they can be done with their quarantine after 7 days. Quarantining for 14 days is still the safest option and associations may require 10 or 14-day quarantines. Official quarantine guidance from MDH is available [here](#).**
4. If a member of a player or coach's household tests positive, that player must follow the close contact guidelines in #3 if they are able to isolate from that family member. If a player cannot isolate from that family member, their quarantine doesn't begin until the infected family member is no longer contagious as outlined in #2. Then, the player or coach needs to follow #3. If another member of the household tests positive, the quarantine process resets at the most recent positive test result.

## Team

1. Designate a manager or volunteer position who will be responsible for responding to COVID-19 concerns and will help coordinate with their association COVID contact regarding positive cases, while maintaining the person's confidentiality in accordance with the Americans with Disabilities Act (ADA). All team coaches, players and parents should know who holds this position and how to contact them.
2. Work with your association COVID-19 contact and Minnesota Department of Health on if or how other teams that have come in contact with your team should be notified.



3. If you have any questions, please contact Mike Terwilliger, Minnesota Hockey COVID-19 Coordinator. [mterwilliger@minnesotahockey.org](mailto:mterwilliger@minnesotahockey.org)
4. Pause team activities until you can consult with local health officials and/or the Minnesota Department of Health on additional testing or requirements before returning to play
5. Teams should not be penalized for forfeiting games due to COVID-19 concerns.

## Association

1. Designate a person within the association who will be responsible for responding to COVID-19 concerns and will help coordinate with local health authorities regarding positive COVID-19 cases. All association members should know who this person is and how to contact them.
2. Send communications to members and post signage at the arena requesting that people who have been symptomatic not enter the building and should not participate in any hockey-related event.
3. Have a plan in place and an established area for people who become symptomatic while at the arena.
4. Upon learning of an association member testing positive for COVID-19, notify MDH of confirmed COVID-19 cases among players, coaches and family members (as required by Minnesota Rules, Chapter 4605.7050). An MDH inbox has been established for sport organization COVID-19 case reporting: [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us). Minnesota Department of Health can also be reached at 651-201-5000.
5. Consult with MDH and local health officials and be prepared to communicate to any players, coaches, officials and volunteers who had close contact with that player notifying them of a positive test. Maintain the confidentiality of anyone with a positive test in accordance with the Americans with Disabilities Act (ADA).
6. Notify the arena of the positive test.
7. Any positive cases should be logged and tracked. They should also be communicated to the Minnesota Department of Health.

## References

As stated previously, this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Associations must adhere to guidelines set by the CDC and MDH. Below are some additional resources for programs to reference.

MDH Guidance for Sports – <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

MDH Planning Guide for Schools (p. 10-13) – <https://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf>

CDC Considerations for Youth Sports - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC Youth Sport Program FAQs - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>